

Recipe

Velveting Beef & Broccoli Stir-Fry

Tender beef without the braise. Ready in 35 mins.

Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

Format 1: The “Mise-en-place” & Execution Flow

Best for: Ensuring you have everything ready before you start the heat.

Mise-en-place (Main & Companion):

- **The Main (Beef) Prep:**
 - Slice 1 lb Chuck Stew Meat (1/8" thin against grain).
 - Mix **Velvet Marinade**: 1/2 tsp Baking Soda, 1 tbsp Cornstarch, 1 tbsp Soy Sauce.
- **The Companion (Rice)**: 2 cups Jasmine Rice, 3 cups Water (or per cooker instructions).
- **The Main (Veg & Sauce) Prep:**
 - Cut 2 large heads Broccoli (bite-sized florets).
 - Slice 1 bunch Scallions.
 - Grate 1 tbsp Ginger.
 - Mince 3 cloves Garlic.
 - Mix **Sauce**: 1/2 cup Soy Sauce, 1 tbsp Sesame Oil, 1 tbsp Brown Sugar, 1 tsp Cornstarch.

Execution (Interleaved):

1. **Velvet (Main)**: Toss sliced beef with Velvet Marinade. **Let sit 20m.**
2. **Start Companion**: IMMEDIATELY start the rice (stove or cooker). This takes ~20m, exactly the velvet time.
3. **Prep**: While beef sits and rice cooks, chop broccoli, ginger, garlic, scallions, and mix sauce.
4. **Sear (Main)**: Heat 2 tbsp oil in wok (smoking hot). Sear beef in batches. Remove.
5. **Veg (Main)**: Add oil. Steam-fry broccoli (splash of water, cover 1m) until bright green.
6. **Finish Main**: Return beef. Add aromatics. Pour sauce. Toss 30s.
7. **Serve**: Rice should beep/finish just as the beef is done. Serve immediately.

Format 2: The “Flavor Layers” (Step-by-Step Build)

Best for: Understanding the sequential build-up of flavors.

1. **NEUTRAL Canvas (Companion)**: The plain jasmine rice acts as a neutral sponge, essential for soaking up the intense salty/savory sauce.
2. **VELVET Texture Layer (Main)**: The baking soda alters the pH of the beef during the 20m rest, creating a unique “bouncy” tenderness.
3. **MAILLARD Layer (Main)**: The high-heat sear creates savory crust on the beef, essential for depth before the sauce is added.
4. **FRESH Veg Layer (Main)**: Rapidly cooking the broccoli preserves its crunch and chlorophyll (bright green), contrasting the soft meat and fluffy rice.
5. **UMAMI GLAZE Layer (Main)**: The soy/cornstarch sauce binds the beef and broccoli together, coating them in a glossy sheen that drips onto the rice.

Format 3: The “Chef’s Shorthand” (Tactical)

Best for: Quick glances while cooking.

- **Velvet** beef (set 20m timer).
 - **Start Rice** immediately.
 - **Prep** veg & sauce while waiting.
 - **Sear** beef hard (batches -> remove).
 - **Steam-fry** broccoli.
 - **Aromatics** ginger/garlic (30s).
 - **Combine** beef + sauce. Thicken.
 - **Serve** over hot rice.
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Format 4: The “Timeline” (Parallel Processor)

Best for: Optimization and multi-tasking.

Time	Action	Notes
T-0:35	Velvet (Main)	Slice beef, toss w/ soda/starch. Start timer.
T-0:30	Start Companion	Wash rice, start rice cooker/pot.
T-0:20	Prep (Main)	Cut broccoli, grate ginger, mix sauce.
T-0:10	Sear (Main)	High heat. Brown beef. Remove.
T-0:05	Veg (Main)	Cook broccoli (crunchy).
T-0:02	Finish (Main)	Add beef/ aromatics/sauce. Thicken.
T-0:00	Serve	Rice + Beef finish together.

Format 5: The “Sensory Script” (Audio-Visual)

Best for: Cooking by feel and intuition.

- **TOUCH:** Beef slices feel slippery (cornstarch) before cooking. Rice should be fluffy, separate grains, not mushy.
- **SOUND:** The wok should “scream” when the beef hits it. The rice cooker “click” or “beep” serves as your 5-minute warning to start the stir-fry.
- **LOOK:** Broccoli goes from dull green to vivid “highlighter” green. Stop cooking then!
- **SMELL:** The sharp, pungent aroma of searing ginger and garlic signals the dish is almost done.
- **TASTE:** The sauce is aggressive; eating a piece of broccoli alone might be salty, but eaten with the plain rice, it’s perfect.

Kid Submeal

- **Simple Stir-Fry:** Reserve several strips of beef after searing (before the sauce) and some steamed broccoli. Serve with plain rice and a little soy sauce for dipping.